

# GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

JUNE 2005

*Serving Seniors for 29 Years*

VOL. 29, NO. 2

## Long-Term Care Questions & Answers

*by Granger Benson, M.D.*

The phrase "long-term care" is increasingly familiar to all of us these days. However, it is not always clear what people mean by this term, and misconceptions are fairly widespread. Here are some basic questions and answers on this topic.

### What Is Long-Term Care?

Long-term care includes a diverse range of services provided for an extended period of time to individuals with chronic disabilities. The services are low tech, in contrast to the high tech medical services needed to treat acute illnesses. Long-term care is mainly concerned with minimizing or compensating for an individual's loss of functional capacity.

Long-term care encompasses both services delivered at home or in the community, as well as various housing or institutional care services. Examples of services provided in the home and community include personal care or chore services, home-delivered meals, adult day care, senior centers, transportation services, care management, and home modification for safety or accessibility. The vast majority of people receiving long-term care live at home. Housing/institutional settings include subsidized housing, group homes, assisted living

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This is an abridged version with links to seniors centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail [kathy.wilson@fairfaxcounty.gov](mailto:kathy.wilson@fairfaxcounty.gov). It's free! Large-print and recorded formats also are available.

We welcome your comments (see page 2 for contact information).

## Medicare Part D or Not Part D—That is the Question. Part 2

### General Information

Beginning on January 1, 2006, Medicare will offer coverage for prescription drugs to its beneficiaries. The new drug benefit will be voluntary but if individuals sign up late, there may be a financial penalty. This article offers an overview of the program and discuss the subsidies, or extra help, available for limited income beneficiaries.

Medicare Part D will provide outpatient prescription drug coverage to anyone who wants it and who is enrolled in any part of Medicare. It is anticipated that beneficiaries will be offered at least two plans from which to choose their coverage. The available plans will be announced sometime in October. The plans will vary, but in general, this is how they will work:

- \* Beneficiaries will choose a Prescription Drug Plan (PDP) and pay a monthly premium, which, in most cases, will average about \$37 a month.
- \* Beneficiaries will be responsible for the first \$250 spent on their drugs during each year. This is called their "deductible."
- \* After the deductible has been met, Medicare will pay 75% of covered

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**Commission on Aging's  
June Meeting at New Location  
See page 2 for details.**

## GOLDEN GAZETTE

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*Department of Family Services*

**FAIRFAX AREA AGENCY ON AGING**

**12011 Government Center Parkway**

**Suite #708**

**Fairfax, VA 22035-1104**

**Telephone: 703-324-5411**

**Toll-Free: 1-866-503-0217**

**TTY: 703-449-1186**

**FAX: 703-449-8689**

**Web Site: [www.fairfaxcounty.gov/service/aaa](http://www.fairfaxcounty.gov/service/aaa)**

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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**Publication of advertising contained herein does not constitute endorsement.**



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

## DEADLINES

**ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements)**

### Issue

### Due Date

July

June 1

August

July 1

September

August 1

## ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

\_\_\_\_ Contribution check attached.

\_\_\_\_ I am NOT currently on your mailing list. Please add my name and address.

\_\_\_\_ I am already on your mailing list.

\_\_\_\_ I am moving. My new address in the Fairfax area will be:

NAME \_\_\_\_\_

CURRENT ADDRESS \_\_\_\_\_

Zip: \_\_\_\_\_

NEW ADDRESS (if applicable) \_\_\_\_\_

Zip: \_\_\_\_\_

TELEPHONE (in case we have a question) \_\_\_\_\_

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

## Commission on Aging Monthly Meeting—New Location

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, June 15, at 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August.**)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

## Reverse Mortgages: Consumer Safeguards & Education

### Protect Seniors

As record numbers of senior homeowners use reverse mortgages as part of their retirement financial management, the National Reverse Mortgage Lenders Association (NRMLA) is pleased to explain the numerous safeguards built into today's reverse mortgage programs. Broader understanding of these consumer protection features is responsible for wider acceptance of reverse mortgages, leading to nearly 500% growth in origination volume from 2001 to 2004 (from 7,781 FHA HECM loans in 2001; to 37,829 in 2004).

Although all reverse mortgage products available in the marketplace work similarly, the most popular program is the Home Equity Conversion Mortgage, or HECM, administered through the U.S. Department of Housing and Urban Development (HUD). Among HECM's consumer safeguards are several important features:

■ **Standard and Capped Interest Rates.** The interest rate is the same no matter which lender a senior chooses. On HECM, interest rates are adjusted either monthly or annually (the borrower chooses) and based on an index called the 1-year U.S. Treasury Constant Maturity Rate published weekly by the Federal Reserve. Both the monthly and annually adjusted rates have lifetime caps. On other products, different indexes are used.

■ **Limitation on Fees.** Origination fees are limited by HUD regulations and may be financed as part of the reverse mortgage. This means a senior incurs very little out-of-pocket expense to get a reverse mortgage.

■ **Advance Disclosure.** The Total Annual Loan Cost, or "TALC" disclosure, required by the Federal Reserve Board, is provided to the prospective reverse mortgage borrower and displays the total transaction costs over the projected life of the loan. This way, a senior is made fully aware of the costs incurred in obtaining the reverse mortgage.

■ **Independent Counseling.** Before a reverse mortgage application can be processed, the prospective borrower must first meet with an independent counselor. Both HUD and AARP oversee a network of counselors whose job is to review the transaction, answer any questions the borrower may have about reverse mortgages, and suggest alternative options.

■ **No Maturity Date.** A reverse mortgage cannot become due during the homeowner's lifetime. It is a permanent tool. The fact that there are no required payments and there is a lifetime right to occupy the home provides great protection against unforeseen or unanticipated future circumstances, rendering reverse mortgages vastly safer than other loan alternatives.

■ **No Prepayment Penalty.** Although the loan is not due and payable until the senior permanently moves out of the home, it may be paid off at any time with no additional fees or costs.

■ **No Penalty for Canceling the Loan.** After the loan closes, a senior has up to three days to cancel the transaction, the so-called "right of rescission," for any reason whatsoever.

■ **Asset Protection.** The HECM is a "non-recourse" loan. This means that the amount due can never exceed what the home is worth. Title to the home always remains with the borrower. When the loan becomes due, the lender is repaid the sum of funds advanced plus the accrued interest, but never more than the value of the house. If there is remaining value, it belongs to the homeowner or the estate.

■ **No Shared Appreciation.** No reverse mortgage product in the marketplace has "equity-sharing" or "shared appreciation" features. In some earlier reverse mortgage products, the senior could obtain more money in exchange for giving up a percentage of the future value of the home. Such products are no longer offered.

## VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

The **Department of Family Services BeFriend-A-Parent Mentoring program** needs volunteers to mentor adults for at least 6 months. Training will be June 6-7, from 6:00-9:00 p.m., in Falls Church. Call Laurie Eytel at **703-324-7871**. The **BeFriend-A-Child Mentoring program** also needs volunteers to mentor children 5-12 years old for at least 1 year. Training will be June 27-28, from 6:00-9:00 p.m. Call Chuck Berlin at **703-324-7874**.

**Inova Fairfax Hospital** needs volunteers for the Hospital Elder Life Program (HELP). Volunteers assist elderly patients with meals, communication, recreational activities, and walking to keep them mentally and physically active. Training is provided. Call Susan Heisey at **703-776-6824**.

The **Meals on Wheels program** (MOW) needs volunteers to deliver meals in the Annandale and Clifton areas. Drivers deliver meals once a month on weekdays from 11:30 a.m.-1:30 p.m. Call the Volunteer Intake Line at **703-324-5406**.

The **Northern Virginia Mental Health Institute** needs volunteers to cut hair at their facility on Gallows Road, behind Inova Fairfax Hospital. Volunteers must be licensed cosmetologists. Hair cuts are given twice each month for 20 patients who are unable to leave the facility. Call Sandra Smith at **703-645-4001**.

**Reston Interfaith, Inc.**, needs a volunteer front desk receptionist. The duties include greeting visitors, providing forms to donors, assisting clients in locating case managers, answering phones, distributing mail, etc. Hours are flexible between 8:00 a.m.-4:00 p.m., Monday-Friday. Call Susan Samuels at **703-481-8276**.

**Western Fairfax Christian Ministries** has volunteer opportunities to help in the clothes closet and the food pantry located in Chantilly. Volunteers are needed to sort and hang clothes; bag groceries; stock shelves; pick up food donations; and read to underprivileged children. Call Sandy Miller at **703-988-9656**.

To have a volunteer opportunity considered for this column, e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

**[retha.lockhart@fairfaxcounty.gov](mailto:retha.lockhart@fairfaxcounty.gov)**

Fax: **703-449-8689**

Phone: **703-324-5407**



For information on volunteering at the Fairfax Area Agency on Aging, please call our Volunteer Intake Line at **703-324-5406**.

### HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance Counseling & Assistance Program (VICAP) at

**703-324-5851.**

### Subscribe to *Parktakes*

The best way to get advance notice about trips, classes, and park activities is to subscribe to ***Parktakes***, which is published quarterly. It's best to call at least 10 days or more prior to the trip date, particularly if it's one of the more popular trips.

If ***Parktakes*** is not currently being delivered to your home, request your **FREE** subscription by calling **703-222-4664**. You also may fill out a subscription request card at any staffed park, the Fairfax County Park Authority headquarters, or on the Web site at [www.fairfaxcounty.gov/parktakesform.htm](http://www.fairfaxcounty.gov/parktakesform.htm).



# Overheated Clothes Dryers Can Cause Fires

The U.S. Consumer Product Safety Commission estimates that in 1998, clothes dryers were associated with 15,600 fires, which resulted in 20 deaths and 370 injuries. They also cause millions of dollars in property damage every year. Fires can occur when lint builds up in the dryer or in the exhaust duct. Lint can block the flow of air, cause excessive heat build-up, and result in a fire in some dryers. To help prevent fires:

- **Clean the lint screen/filter before or after drying each load of clothes.** If clothing is still damp at the end of a typical drying cycle or drying requires longer times than normal, this may be a sign that the lint screen or the exhaust duct is blocked.
- **Clean the dryer vent and exhaust duct periodically.** Check the outside dryer vent while the dryer is operating to make sure exhaust air is escaping. If not, the vent or the exhaust duct may be blocked. To remove a blockage in the exhaust path, it may be necessary to disconnect the exhaust duct from the dryer. Remember to reconnect the ducting to the dryer and outside vent before using the dryer again.
- **Clean behind the dryer, where lint can build up.** Have a qualified service person clean the interior of the dryer chassis periodically to minimize the amount of lint accumulation. Keep the area around the dryer clean and free of clutter.
- **Replace plastic or foil, accordion-type ducting material with rigid or corrugated semi-rigid metal duct.** Most manufacturers specify the use of a rigid or corrugated semi-rigid metal duct, which provides maximum airflow. The flexible plastic or foil type duct can more easily trap lint and is more susceptible to kinks or crushing, which can greatly reduce the airflow.
- **Take special care when drying clothes that have been soiled with volatile chemicals** such as gasoline, cooking oils, cleaning agents, or finishing oils and stains. If possible,

wash the clothing more than once to minimize the amount of volatile chemicals on the clothes and, preferably, hang the clothes to dry. If using a dryer, use the lowest heat setting and a drying cycle that has a cool-down period at the end of the cycle. To prevent clothes from igniting after drying, do not leave the dried clothes in the dryer or piled in a laundry basket.

*Source: Consumer Product Safety Commission, Document #5022. Updated June 2003.*

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## "Own Your Future" Virginia: Long-Term Care Funding

The Commonwealth of Virginia and the United States Department of Health and Human Services (HHS) have launched a Long-Term Care Awareness campaign, *Own Your Future*. The goal of the campaign is to increase awareness among retirees and near-retirees about the need to plan for long-term care.

The purpose of educating individuals about advance planning is to provide a sense of independence and control regarding important decisions about how one's retirement years, and money, are spent. Governor Warner stated, "The federal Medicare program will not help most older people pay for their long-term care needs. Neglecting to prepare for the financial, emotional, physical and mental aspects of aging can have a devastating impact on older persons and their families."

The Virginia Department for the Aging is working with three long-term care specialists, housed at the Jefferson Area Board for Aging in Charlottesville, the Senior Services of Southeastern Virginia in Norfolk, and the Virginia Department for the Aging in Richmond. These individuals are available to assist with financing questions and to present educational programs anywhere individuals over 50 years of age are likely to congregate. A long-term care specialist may be reached by calling **1-800-552-3402 (toll-free)**, or 1-804-662-9153. Virginians also may call the toll-free number 1-866-PLAN-LTC (1-866-752-6582) to receive a "Toolkit" that includes information on planning for long-term care.

## HASSO VON BREDOW—VOLUNTEER OF THE MONTH

*by Michelle Li, Area Agency on Aging Intern*

The Fairfax Area Agency on Aging is fortunate to have a diverse group of fascinating volunteers with a wide variety of rich experiences and interests. Hasso Von Bredow has been a Meals on Wheels (MOW) volunteer driver coordinator for the past 6 years.

In June 1999, Hasso saw an ad for a driver coordinator in the Annandale Christian Community for Action (ACCA) newsletter. He felt it was something he could do since it required organizing and coordinating, and he wanted to devote some time to helping others.

As a driver coordinator, Hasso makes approximately 50 calls a month to coordinate volunteer drivers, and daily calls to remind drivers that they volunteered to drive the next day. He enjoys coordinating and talking to individuals on the phone. "Many of the MOW drivers are elderly as well," he says. Hasso feels it really helps when an individual, team, or group (such as corporations or churches) has a regular schedule to deliver meals. One of the more difficult aspects of this position is when a volunteer driver calls in the morning of the day he/she is supposed to deliver saying that they cannot do so. By that time, it usually is too late to find a backup driver, and Hasso has to do it himself.

Hasso was born and raised outside Berlin, Germany. The Von Bredow family can be traced back to the year 1250. It is mentioned in books and includes a general who was chief of staff of the defense department. He was removed and killed by Hitler's Gestapo in 1934. Hasso's father and grandfather were officers in the cavalry. He studied banking until he was



drafted to the cavalry of the German Army. He came to the United States in 1939 and became a U.S. citizen in 1947. During his citizenship ceremony, he was required to renounce the title of "count" in his name.

His career was spent working in many locations including Ft. Worth, Denver, New York, Oakland, Peru, Bermuda, and Washington, DC, where he worked for the Commerce Department and the Export-Import Bank of the United States.

Since Hasso is 89 years old, he wants to retire from his MOW position. He might

travel to warmer climates in winter. He plans to write his autobiography, as suggested by his children. He has two sons, one daughter, and six beautiful grandchildren who bring him joy.

Hasso feels that, "Volunteering gives one a purpose in life. More people, particularly those who have retired, should volunteer if they are able to do so. Meals on Wheels is a good cause. There are a lot of people who can't take care of themselves and they are getting a hot meal and other foods five days a week."



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### FREE LIBRARY OF CONGRESS SERVICE

"Ask a Librarian" is a free service offered by the Library of Congress. With access to all the resources in the Library, you may have your question regarding almost any topic answered. Call **240-777-0001**.

# SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** The symbol RR means reservations are required. These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions.

**Bailey's**  
**Bailey's Community Center**  
**5920 Summers Lane**  
**Bailey's Crossroads, VA 22041**  
**Phone: 703-820-2131**

Wednesdays 11:00 a.m., Chair Aerobics With Mindy.  
 Wednesdays 12:30 p.m., Line Dancing With TJ. \$5 for 8 Weeks.  
 Thursdays 12:30 p.m., Computer Club House for Seniors.  
 Fridays 10:30 a.m., Weekly Shopping Trip.  
 Mon. 6/13 11:00 a.m., Fairfax County Fire & Rescue Fire Safety Game.  
 Mon. 6/27 11:00 a.m., Field Trip to Great Falls Park.

**City of Fairfax**  
**4401 Sideburn Road**  
**Fairfax, VA 22030**  
**Phone: 703-359-2487**

Wed. 6/8 9:30 a.m., Titanic Exhibit—Maryland Science Museum in Baltimore. Lunch on Your Own. \$16/Person. (RR)  
 Sat. 6/11 9:00 a.m.-2:00 p.m., Young at Heart Bake Sale at Jermantown Giant Foods. Call for Info.  
 Fri. 6/17 11:00 a.m., *History Remembered*. Join Us at Historic St. Mary's Church at Rt. 123/Fairfax Station Rd. Lunch on Site.  
 Sat. 6/18 10:00 a.m.-2:00 p.m., FREE Wellness Fair. Variety of Medical Tests, Seminars, and Lunch.  
 Tue. 6/28 10:30 a.m., Garden Club Presents Kevin Warhurst From Merrifield Garden Center. Lunch Will Be Served.

**City of Falls Church**  
**223 Little Falls Street**  
**(Next to City Hall)**  
**Falls Church, VA 22046**  
**Phone: 703-248-5020/5021**

Thur. 6/2 10:15 a.m.-1:00 p.m., Great Falls Park. (RR)  
 Mon. 6/13 12:30 p.m., Lunch Bunch at Lucky Three Restaurant. (RR)  
 Thur. 6/16 10:15 a.m.-1:00 p.m., Herndon Depot Museum. (RR)  
 Mon. 6/20 9:30 a.m.-12:30 p.m., Garden Tour of Washington Cathedral. (RR)  
 Fri. 6/24 10:30 a.m., Armchair Travel: Touring Korea. (RR)  
 Wed. 6/29 Tour of D-Day Memorial, Bedford, VA. Call for Details.

**Franconia/Springfield**  
**Lane Elementary School**  
**7137 Beulah St.**  
**Alexandria, VA 22315**  
**Phone: 703-924-9762**

Mon. 6/6 12:45 p.m., Looking for Pinochle Players!  
 Tue. 6/7 10:00 a.m., Looking for Bridge Players!  
 Thur. 6/9 12:30 p.m., English as a Second Language With Terri.  
 Tue. 6/21 11:30 a.m., Presentation: *Diabetes Self-Care*.  
 Thur. 6/30 12:30 p.m., Birthday Celebrations.

**Groveton at South County**  
**8350 Richmond Highway**  
**Ste. 325**  
**Alexandria, VA 22309**  
**Phone: 703-704-6216**

Wed. 6/1 10:30-11:00 a.m., Mat Exercise.  
 Fri. 6/3 11:00 a.m., Presentation: *Over-the-Counter Analgesics*.  
 Mon. 6/6 10:15-11:00 a.m., History/Current Events Discussion.  
 Thur. 6/16 12:30 p.m., Conversational Spanish With Julia.  
 Mon. 6/27 9:00 a.m.-4:00 p.m., Walking Club.

# S E N I O R C E N T E R

## **Gum Springs**

**Gum Springs Community Center**  
**8100 Fordson Road**  
**Alexandria, VA 22306**  
**Phone: 703-360-6088**

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

## **Hollin Hall**

**1500 Shenandoah Road**  
**Alexandria, VA 22308**  
**Phone: 703-765-4573**

Thur. 6/16	1:00 p.m., Backyard Birding: Plants to Attract Birds. (RR)
Fri. 6/17	7:30-9:30 p.m., "Dancing in the Dark." \$4/Person.
Mon. 6/20	10:00 a.m.-3:00 p.m., 2-Day AARP Driver Safety
Thur. 6/23	Program. \$10. Call 703-204-3366 to Register.
Tue. 6/21	10:00 a.m., 55+ Communities Within 50 Miles. (RR)
Thur. 6/23	1:00 p.m., CVS Presents: <i>Proper Drug Disposal</i> . (RR)

## **James Lee**

**James Lee Community Center**  
**2855 Annandale Road**  
**Falls Church, VA 22042**  
**Phone: 703-534-3387**

Mondays	10:30 a.m., Gentle Yoga.
Mon.-Fri.	9:00 a.m.-2:00 p.m., Free Billiards and Ping-Pong.
Tuesdays	10:30 a.m., Art & Mosaic Classes. \$5/Class.
Tue./Thur.	9:30-11:30 a.m., Fitness Center.
Mon. 6/6	12:30-1:30 p.m., Tea Time/Welcome New Members (every first Monday).

## **Lewinsville**

**1609 Great Falls Street**  
**McLean, VA 22101**  
**Phone: 703-442-9075**

Thur. 6/2	12:15 p.m., CVS Presents: <i>Nocturnal Leg Cramps</i> and Blood Pressure Check.
Thur. 6/9	12:00-1:00 p.m., Volunteer Recognition.
Mon. 6/13	10:30 a.m.-1:30 p.m., Trip to Meadowlark Gardens. \$1. (RR)
Wed. 6/15	10:30 a.m.-1:30 p.m., Bingo a Go-Go. \$1.
Mon. 6/20	Summer Picnic. Outdoor Games—Shuffleboard, Horseshoes, Ball Toss.

## **Lincolnia**

**4710 North Chambliss St.**  
**Alexandria, VA 22312**  
**Phone: 703-914-0223**

Fridays	10:00 a.m., Trips of Necessity. \$1 Fastran. (RR)
Mon. 6/6	1:00 p.m., Snappy Tappers Recital. (RR)
Tue. 6/14	10:00 a.m.-12:00 p.m., Blood Pressure Screening.
Tue. 6/21	10:30 a.m., CVS Presents: <i>Proper Drug Disposal</i> . (RR)
Fri. 6/24	1:00 p.m., Birthdays/Welcoming New Members. (RR)

## **Little River Glen**

**4001 Barker Court**  
**Fairfax, VA 22032**  
**Phone: 703-503-8703**

Tue. 6/7	9:00 a.m., Jazzercise Techniques Special Class (Interim Session). (RR)
Tue. 6/7	11:00 a.m., CVS Presents: <i>Proper Drug Disposal</i> .
Fri. 6/10	10:00 a.m., VIB (Visually Impaired/Blind Adult) Support Group.
Thur. 6/16	1:00 p.m., Red Hat Society Meeting.
Fri. 6/24	10:00 a.m., Blood Pressure Check.



# HIGHLIGHTS CONTINUED

**Lorton**  
**7722 Gunston Plaza**  
**Lorton, VA 22079**  
**Phone: 703-550-7195**

Wed. 6/1 9:30 a.m., New Tai Chi & Qigong Classes. \$5. (RR)  
 Mon. 6/6 10:00 a.m., Bridge Group Welcomes New & Experienced Players. Also Meets on Thursdays. (RR)  
 Mon. 6/6 12:30 p.m., New Line Dancing Classes. \$5. (RR)  
 Tue. 6/7 10:30 a.m., Forever Young Exercise Classes at Gold's Gym. Free for Registered Seniors. (RR)

**Pimmit Hills**  
**7510 Lisle Avenue**  
**Falls Church, VA 22043**  
**Phone: 703-734-3338**

Mon. 6/6 10:30 a.m., Crochet Class.  
 Fri. 6/17 1:00 p.m., Line Dancing Class.  
 Mon. 6/20 10:30 a.m., Jazzercise Class.  
 Wed. 6/22 10:30 a.m., Movie Classics. (RR)  
 Mon. 6/27 11:00 a.m., Asian Art Classes. (RR)

## New Center Now Open

**Reston-Herndon Now**  
**Herndon Senior Center**  
**873 Grace Street**  
**Herndon, VA 20170**  
**Phone: 703-464-6200**

Tue. 6/7 10:00 a.m., Ceramic Classes. \$5 Tuition/\$20 Supplies.  
 Tue. 6/7 7:00 p.m., Caregivers' Consortium Presents *When Home Is No Longer an Option: Now What?* Call 703-324-5205. (RR)  
 Wed. 6/8 12:30 p.m., Advisory Council Meeting. All Welcome.  
 Fri. 6/10 10:15 a.m., Music With Beth to Lift Your Spirits!  
 Tue. 6/14 12:30 p.m., CVS Presents: *Summer Skin Care*.  
 1:00 p.m., Mini Spa Day.

**Sully**  
**5690 Sully Road**  
**Centreville, VA 20124**  
**Phone: 703-322-4475/4479**

Mon. 6/6 11:00 a.m., CVS Presents: *Cholesterol*.  
 Wed. 6/8 12:30 p.m., Advanced Directives & End-of-Life Issues.  
 Mon. 6/13 11:45 a.m., Fairfax County Food Service Visit.  
 Tue. 6/14 10:00 a.m.-12:00 p.m., Hoe-Down With Steve McIntire.  
 Mon. 6/20 12:00-1:00 p.m., Pizza + (Root) Beer Men's Day Celebration.

**Wakefield**  
**Audrey Moore RECenter**  
**8100 Braddock Road**  
**Annandale, VA 22003**  
**Phone: 703-321-3000**

Mon. 6/6 11:30 a.m., Fire & Rescue Presentation.  
 Thur. 6/9 10:00 a.m., Moose Lodge Party. Lunch Donation. (RR)  
 Fri. 6/10 11:00 a.m., CVS Presents: *Basic Drug Interactions*.  
 Wed. 6/15 11:30 a.m., Speaker: *Senior Nutrition & Cancer*.  
 Mon. 6/20 11:30 a.m., Speaker: *Recycling Magic*.

## Additional Locations for Meals/Other Activities

**David R. Pinn Community Center**  
**10225 Zion Drive**  
**Fairfax, VA 22032**  
**Phone: 703-250-9181**

**Huntington Community Center**  
**5751 Liberty Drive**  
**Alexandria, VA 22303**  
**Phone: 703-960-1917**

## FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

### Typical services include:

- Minor electrical repair
- Plumbing work
- Painting
- Repairing steps, floors, etc.
- Minor accessibility modifications

**Fairfax County Residents** - Apply now for **FREE REPAIRS**

**Call 703-246-5154 TTY: 703-385-3578**



## New Mosquito Repellents Available

Americans have more options than ever to use in protecting themselves from mosquito bites. Recently the Centers for Disease Control and Prevention (CDC) released new guidance about effective mosquito repellents available in the United States. The updated guidance includes addition of two active ingredients—picaridin and oil of lemon eucalyptus—which have been shown to offer long-lasting protection against mosquito bites. Repellents containing DEET (diethyl toluamide) continue to be a highly effective repellent option and also are included in the CDC guidelines.

Picaridin, also known as KBR 3023, is an ingredient found in many mosquito repellents used in Europe, Australia, Latin America, and Asia for some time. Evidence indicates that it works very well, often comparable with DEET products of similar concentration. One product, containing 7% picaridin, is being distributed in the United States for the first time this year. The other repellent is oil of lemon eucalyptus (also known as p-menthane 3,8-diol or PMD), a plant-based mosquito repellent that provided protection time similar to low-concentration DEET products in two recent studies. It is available in a variety of formulations throughout the United States.

“We’re very excited that the number of options people have to protect themselves from mosquitoes and therefore West Nile Virus have increased,” said CDC Director Julie L. Gerberding. “Products containing DEET, picaridin and oil of lemon eucalyptus are all excellent choices. The important thing is that they remember to protect themselves from mosquito bites when they’re going to be outside. We want people to enjoy their spring and summer free of West Nile Virus.”

Mosquito season already has begun in some parts of the country. With mosquitoes comes the risk of West Nile Virus infection and other infections spread by mosquitoes. Just one bite can lead to an infection that could cause serious illness or even death. While people over 50

are more likely to become seriously ill if infected with West Nile Virus, people of any age can become mildly to seriously ill. Most people who contract West Nile Virus do not show any symptoms. However, about 20% of people experience symptoms such as fever, headache, nausea, and vomiting. An estimated 1 in 150 people infected with West Nile virus will develop severe illness. The severe symptoms can include high fever, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, and paralysis.

DEET, picaridin, and oil of lemon eucalyptus are all registered with the U.S. Environmental Protection Agency (EPA), which regulates these products. Repellents registered with EPA have been evaluated for both safety and efficacy when used according to label instructions.

The CDC recommends that people use repellent anytime they go outside, especially during prime mosquito biting hours, between dusk and dawn. People should follow the label instructions, and if they start getting bitten, they should reapply repellent. To learn more about how to protect yourself and your family from West Nile Virus, please visit [www.cdc.gov/westnile](http://www.cdc.gov/westnile).

Virginia has 55 different known species of mosquitoes. There are approximately 30 different kinds of mosquitoes in Fairfax County.

Fairfax health officials are asking residents to be more conscious of the need to eliminate mosquito breeding places around their homes. Health officials encourage residents to be on the lookout for small pools of water in rain gutters, discarded tires, tarps covering firewood, toys, pet water bowls, flowerpots, birdbaths, etc., which could be breeding grounds for mosquitoes. Removing or regular emptying of potential mosquito breeding sites around the home will help reduce the mosquito population.

*Sources: Centers for Disease Control and the Fairfax County Health Department.*

## **Long-Term Care Q&A** *Cont. From p. 1*

facilities, continuing care retirement communities, and nursing homes. Partly because of the increased range of housing alternatives, the number of people living in nursing homes has declined in absolute terms over the past few decades.

### **What Kinds of Functional Impairments Necessitate Long-Term Care?**

Health professionals, researchers and policy makers generally describe functional capacity in terms of the ability to perform two groups of necessary daily tasks. The first group, called activities of daily living (ADLs, for short) consists of bathing; dressing; eating; toileting; continence; and mobility, including walking and getting in and out of a bed or chair. The second group of activities, called instrumental activities of daily living (IADLs), are those that require devices or “instruments” to perform. They include things like house cleaning, meal preparation, shopping, money management, medication management, transportation, and use of the telephone.

### **How Many Seniors Need Long-Term Care?**

The good news is that over time, the proportion of older Americans needing help with daily tasks has fallen. According to the National Long-Term Care Survey, which has studied disability among seniors intermittently since 1982, the percentage of people over 65 needing help with one or more IADLs or ADLs fell from 26.2% in 1982 to 19.7% in 1999.

On the other hand, the number of Americans over 65 has grown considerably. As the baby boom generation starts turning 65 in 2011, this growth will accelerate. Experts predict that somewhere near mid-century, the number of people over 65 will have doubled from the present 35 million to 70 million. The number over age 85 will increase even more rapidly, from about four million now to as many as 19 million. This group is the fastest growing segment of our society. Disability rates and long-term care needs are understandably greatest for the very old. Among people over 85, as many as 70% need help with IADLs and/

or ADLs. Seniors over 85 are six times more likely to require long-term care than people in their sixties.

Thus, the number of seniors needing long-term care is a function both of improving functional capacity on the one hand, and the aging of the population on the other. The bottom line: at present, roughly 6 million seniors require long-term care, but that number is expected to double by 2030.

### **What Are the Predictors of Age-Related Disability? What Can Individuals Do to Prevent It?**

Many chronic conditions can contribute to impaired function and lead to a need for long-term care. Common examples include dementia, arthritis, neurological conditions such as stroke or Parkinson’s disease, cardiac disease, and chronic lung disease. To the extent that such diseases can be effectively treated or controlled, it follows that resulting disability can be reduced. However, independent of any specific disease, researchers have identified certain risk factors for developing disability. Cognitive impairment is one important predictor. Other examples include disease burden, depression, impaired lower extremity function, being overweight or underweight, cigarette smoking, and visual impairment. Three other important risk factors for developing disability are particularly notable because they are highly modifiable: physical inactivity, mental inactivity, and lack of socialization. A large volume of data has shown that getting regular exercise, engaging in mentally stimulating pastimes and participating in social activities each has a powerful effect on preserving independent functioning.

### **Who Performs Long-Term Care Services?**

A wide range of health professionals may participate in providing long-term care services, depending on the setting and the specific needs. Personal care attendants such as nurse aides and home health aides assist with ADLs and also with IADLs. Skilled professionals like nurses may play a supervisory role or administer care

*Cont. p. 12*

## Long-Term Care Q&A Cont. From p. 11

directly, especially in nursing homes. Social workers, geriatric care managers, rehabilitation professionals, registered dietitians, and many others also may be involved at times.

The backbone of long-term care, however, is the family caregiver. In fact, 80% of long-term care is provided by family members at home. Three-quarters of these are women. They spend an average of 18 hours a week in caregiving; one in five spends over 40 hours per week. The economic value of family caregiving is well in excess of \$200 billion per year.

*Source: Dr. Benson is an internal medicine physician and president of Ready Hands Home Care, a Fairfax County company that provides companion care, personal assistance, and other services to help seniors remain safely independent at home.*

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## Annual MOW Volunteer Recognition Luncheon



About 50 volunteer leaders attended the annual Meals on Wheels (MOW) Volunteer Leadership Recognition Luncheon, held at the Springfield Golf and Country Club in April 2005. Seated (left to right) are **Sonia Ruiz-Stafko**, co-coordinator of the Forest Glen MOW; **Liz Alber**, volunteer treasurer of the Burke/West Springfield MOW; **Joan Opiela** (holding the microphone), Burke/West Springfield MOW coordinator. Standing is **Jan Kikuchi**, the MOW program supervisor.

## Reverse Mortgages Cont. From p. 3

Lenders originated a record 37,829 HECM loans during the most recent federal fiscal year (FY 2004), ending September 30, a 109% increase over the 18,079 loans closed the previous year.

A reverse mortgage is a loan that enables homeowners 62 or older to borrow against the equity in their home, without having to sell the home, give up title, or take on a new monthly mortgage payment. The loan proceeds can be used for any purpose, and taken out as a lump sum, fixed monthly payment, line of credit (except in Texas), or a combination. The loan amount depends on the borrower's age, current interest rates, and the value and location of the home. A reverse mortgage does not have to be repaid until the borrower moves out of the home permanently, and the repayment amount cannot exceed the value of the home. After the loan is repaid, any remaining equity is distributed to the borrower or the borrower's estate. A senior's home does not have to be owned free and clear to qualify for a reverse mortgage.

NRMLA distributes a free information booklet on reverse mortgages, called *Just the FAQs: Answers to Common Questions About Reverse Mortgages*. Consumers may order it by telephone (1-866-264-4466, toll-free) or at NRMLA's Web site, <http://www.reversemortgage.org>.

The Web site has extensive information on reverse mortgages, a state-by-state list of lenders, and a reverse mortgage calculator. To be listed on the NRMLA website, a lender must agree to abide by the Association's Code of Conduct and operate in accordance with its Best Practices.

NRMLA is a nonprofit trade association, based in Washington, DC, whose members make and service reverse mortgages throughout the U.S. and Canada. Members sign a Code of Conduct pledging to abide by guidelines that assure fair, ethical, and respectful practices in offering and making reverse mortgages to seniors.

*Source: Our thanks to Larry Larsen for providing the article from the National Reverse Mortgage Lenders Association.*



## Monthly Support Groups

\* **Amputee Support Group of Northern Virginia.** Meets on the first Tuesday of every month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or [asgnva@earthlink.net](mailto:asgnva@earthlink.net).

\* **Fibromyalgia/Arthritis Support Group.** Meets on the second Thursday of the month, 1:00 p.m., at Sherwood Library, 2101 Sherwood Hall Lane, Alexandria. Call Barbara at **703-913-0890**.

\* **Mended Hearts Support Group.** Meets on the first Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at **703-385-9694** or [jbraddon@cox.net](mailto:jbraddon@cox.net).

\* **Neuropathy Organization of Northern Virginia.** Meets on the second Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldrige at **703-491-6690**, or Joanne Holman at **703-998-8143**.

\* **Northern Virginia Post-Polio Support Group.** Meets on the second Saturday of each month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

\* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** Meets on the third Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). The WSF supports spousal caregivers for the chronically ill or disabled. Call **703-425-2430**.

\* **Parkinson's Disease Care Partners Support Group.** Meets on the third Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

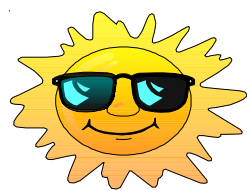
\* **Widow/Widower Support Groups.** Meet on the second and fourth Tuesdays of the month, 7:30-9:00 p.m. Sponsored by Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Call **703-941-7000**.

## Grief Support Groups

The Church of the Nativity, at 6400 Nativity Lane, Burke, sponsors two free monthly grief support groups:

1. **General Bereavement Support Group**. Meets 7:30-9:00 p.m., the first and third Thursday of each month. Open to adults of all faiths. For information, call Carol Mack at **703-455-2400**.

2. **Grief Support Group for Men**. Meets 7:30-9:00 p.m., the second Thursday of each month. Men of all faiths are invited. Call **703-455-2400, Ext 234**.



## New Herndon Senior Center Opens

The ribbon cutting for the much anticipated Herndon Senior Center took place on May 12. This new county facility, located at 873 Grace Street in Herndon, will serve Fairfax County residents 55 years of age and older, and will be a welcome venue for older adults in the northwest part of Fairfax County.

The center is managed by the Fairfax County Department of Community and Recreation Services. It is the first of the 13 senior centers in Fairfax County to have expanded hours, including Saturdays and some weekday evenings.

Plans for expanded programming are underway as well. Center Director Ruth Junkin and Assistant Director Fred Keefe are asking prospective participants what they wish to see in their community senior center. Activities will reflect the requests and needs of the users and are expected to include a range of exercise classes, card and game groups, a computer lab, dance, crafts, fine arts classes, and community service projects.

The Congregate Meal Program, under the auspices of the Fairfax Area Agency on Aging, will provide lunch Monday through Friday. Transportation by Fastran also may be available. For further information call **703-464-6200**.

## Medicare Part D *Cont. From p. 1*

drug costs, and the beneficiary will pay 25% of the costs for the next \$2,000, bringing the totalspent to \$2,250.

- \* The beneficiary will be responsible for 100% of costs for drugs for the next \$2,850. This is known as the “donut hole.”
- \* If the beneficiary reaches drug spending needs over \$5,100 (the \$250 deductible; the 25% of the next \$2,000 or \$500; and the \$2,850 donut hole added together) during the calendar year, Medicare will cover 95% of all drug costs above this amount.

### **Subsidies for Limited-Income Persons**

Medicare will provide financial assistance, which they are calling Extra Help, to Medicare beneficiaries with lower incomes and limited assets through a low-income subsidy (LIS). Part D provides premium subsidies and cost sharing subsidy amounts on a sliding scale basis depending upon an individual’s income and asset level. For Medicare beneficiaries with the greatest needs, the LIS will cover the annual premiums and deductible. Beneficiaries with an LIS will not be subject to the gap in coverage known as the “donut hole.”

- \* Medicare beneficiaries who receive comprehensive Medicaid coverage, referred to as “dually eligible,” will have no monthly premium or deductibles.
- \* Medicare beneficiaries with income below 150% of the federal poverty level (\$1,196/single or \$1,604/couple per month in 2006) may be eligible for various levels of subsidies depending on assets.

Beginning July 1, 2005, an Internet subsidy application qualifier will be available. Once a subsidy qualifier is completed, the system will give users the option to link to the actual application so that the Social Security Administration (SSA) subsidy application can be completed online. To access the subsidy qualifier, go to [www.ssa.gov](http://www.ssa.gov). Click on the Medicare Outreach link on the bottom right side of

the SSA homepage. Scroll down to “What you will find here” and click on “online tool.”

Most Medicare beneficiaries with low incomes should apply for the LIS. Individuals who are currently enrolled in both Medicare AND Medicaid will be enrolled automatically in the LIS, so they do not have to apply to get it. Those persons receiving LIS applications from SSA should apply for it. Additional questions about the LIS should be directed to the SSA at **1-866-232-4032**. TTY users should call **1-800-325-0778**. Applying for the LIS is separate from applying for a prescription drug plan. Limited income Medicare beneficiaries will need to apply for both.

Next month we will discuss auto-enrollment into drug plans.

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## **FAN CARE PROGRAM**

Summer heat and humidity can be physically stressful and dangerous to the frail elderly. To help ensure their health and comfort, the Fairfax Area Agency on Aging (AAA) announces the 15th year of FAN CARE, an electric fan distribution program sponsored by Dominion Virginia Power, in partnership with the Virginia Department for the Aging. Each year, the AAA provides approximately 100 fans to senior adults in the Fairfax area.

With a grant from Dominion Virginia Power, the AAA purchases a limited number of electric fans and distributes them to eligible seniors. The fans become the property of the individual. Arrangements can be made for fans to be delivered to homebound persons if necessary.

To qualify for FAN CARE, a person must be at least 60 years of age, have an existing home situation that presents a threat to the person’s health and well-being, and have a combined family monthly income of no more than \$1,197 for a household of one, \$1,604 for a household of two, or \$2,012 for a household of three, etc. Not all persons in the home need to be elderly to qualify. The program officially begins on June 1. To request an application, call **703-324-7694**.

## Enjoy Grilling, But Do It Safely!

No longer is summer the only season to grill that burger, steak, or hot dog. Many of us fire up our grills sooner in the year and delay putting them away until the first frost, and that's why grill safety is more important than ever. In April, within a 10-day period, the Fairfax County Fire and Rescue Department (FCFRD) responded to three house fires— two caused by unattended grills and one by an unattended outdoor fireplace.

The Fairfax County Fire Prevention Code prohibits the use of most grills on balconies or within 15 feet of multifamily dwellings, including apartments and condominiums. The code prohibits the use of any grill fueled by charcoal, propane, or other flammable liquids in these locations. The storage of grills fueled by propane or flammable liquid, as well as the fuel itself, also is prohibited inside or within 15 feet of these buildings. The use and storage of grills using electricity or natural gas (requiring a permanent hookup to the building's natural gas service) is permitted.

The FCFRD suggests the following safety tips when cooking outdoors:

- To ensure safe cookouts, make sure someone tends the grill at all times.
- Enforce a "kid-free zone" of 36 inches around the grill. Grills continue to give off heat long after cooking has stopped.
- Spare propane bottles should be stored outside, away from the home. A backyard shed is a good place. Follow the manufacturers' instructions on how to set up, operate, and maintain your grill.
- Dispose of grill ashes in a safe fashion. **Never** place hot ashes in paper or plastic bags or containers only use metal containers for hot ashes!
- Never use any flammable or combustible liquids other than charcoal starter fluid to get the fire going. **Never** use any flammable or combustible liquids other than charcoal starter fluid to get the fire going.

For more fire safety information about cooking outdoors, visit your local fire and rescue station or contact the Fairfax County Fire and Rescue Department's Public Information and Life Safety Education at **703-246-3801** or 703-385-4419 (TTY) or visit the Web site at: [www.fairfaxcounty.gov/fire](http://www.fairfaxcounty.gov/fire). **See related article next column.**

## More Grilling Safety Tips

1. Examine your grill before you light it for the first time, especially after a long winter. Make sure it's not rusted or wobbly.
2. Check for gas leaks. Get a bucket of soapy water and rub the grill's gas hose with it, then turn the gas on. If there is a leak, bubbles will appear. Don't ignite the grill if you suspect a leak—replace the hose.
3. Keep water or a fire extinguisher nearby for flare-ups or a fire that gets out of hand.
4. Look up and look around. Avoid grilling on a covered porch, deck or on top of anything that could catch on fire. Take a good look around your grill, and remove anything flammable.
5. Only the chef should be near the grill. Keeping children and adults away from the grill when it is in use will help ensure that nothing will spoil the party.
6. If your grill fails to light on the first try, turn the burner control to off, wait a few minutes for the gas to dissipate, and then try again.
7. Always start a gas grill with the lid UP! If it's closed, gas can collect under the lid and create a safety hazard.
8. Never leave a gas grill on unless the burners are lit, and you can feel heat.
9. Do not wear loose clothing when grilling—Take a look at what you're wearing—could it catch fire? If the answer is yes, change clothes before you head outside to make dinner.
10. Finally a word about food safety. Keep hot food hot and cold food cold. Avoid cross-contamination of food when cooking, i.e., don't use the same tongs/fork to take cooked meat off the grill that you used to put it on. Cross-contamination can lead to serious food poisoning—not what you want on your summer grill menu.

# CAREGIVER'S CORNER

## Frequently Asked Questions: Safety in the Home—Assistive Devices

In the May 2005 “Caregiver’s Corner,” there was a response to a fictitious letter from a caregiver whose mother was becoming increasingly frail. A suggestion at the end of the article was to check mom’s home for hazards and ways to increase safety. This article includes information from Anne Morris, EdD, OTR/L, an occupational therapist consultant to Fairfax County.

**Question:** My mother is moving in with me and our house probably needs some adaptations for her safety. I worry about her falling or hurting herself when bathing or cooking.

**Answer:** First, talk to your mother to get a clear idea of what her daily routine involves. Older adults report how problematic arthritis and poststroke weakness can be. If painful joints are symptoms, they often experience restricted arm and leg movement. Opening a door or turning on a faucet with a round knob is difficult. Stepping in and out of the tub, or over the shower stall curb, can make them feel at risk of losing their balance.

There are assistive devices that eliminate the need to turn the knob of a door or faucet. Door handles with levers, rather than round knobs, are very helpful. A simple device, a ridged rubber cap, may be placed over a faucet knob, making it easier to grasp and turn. There are faucets activated by a tap or an infrared detector with no turning involved that can be easily installed on the end of a spigot.

In the bathroom, assistive products can increase safety.

- Use a bath bench designed for bathing, not a plastic outdoor chair, which can slip and slide in the tub or shower, along with a handheld shower. A 70-80-inch shower hose with a shower head that has an on/off water control button is best.

- Two wall grab bars are needed—one vertical and one horizontal. The vertical grab bar, 24 inches long, should be placed at the entry point to the tub or shower. The bottom end is attached at about the shoulder height of the bather, seated on an appropriate bench. The horizontal grab bar, 24-32 inches long, is attached horizontally through the tile to wall studs on the long wall of the enclosure.

In some kitchens, with an older model stove, the “at-risk cook” may reach across burners to access knobbed controls on the back wall of a stove. This is an invitation for disaster. Promoting use of a microwave can increase safety.

In some cases, an older adult may benefit from a home visit by an occupational therapist, to determine safety measures for the individual to either live alone or in the caregiver’s home. Talk with the person’s physician to request orders for a consult visit from a professional who can evaluate the home for safety.

For more information on safety and assistive devices, check out these resources.

- [www.abledata.com](http://www.abledata.com)
- [www.enablemart.com](http://www.enablemart.com)
- [www.dynamic-living.com](http://www.dynamic-living.com)
- Virginia Assistive Technology System (VATS):
  - 1-800-333-7958 (VATS in Northern Virginia); [www.kihd.gmu.edu/vatsnorth/index.htm](http://www.kihd.gmu.edu/vatsnorth/index.htm)
  - 1-800-552-5019 (VATS in Richmond); [www.vats.org](http://www.vats.org).
- Fairfax County Disability Services Planning and Development, 703-324-5421
- The Assistive Technology Loan Fund Authority, 1-866-835-5976, [www.atlfa.org](http://www.atlfa.org).  
If you need further information, call an Aging Information Specialist at the Fairfax Area Agency on Aging at **703-324-7948**.



# COMMUNITY CALENDAR

**June 2 & 9.** 1:30-3:30 p.m. Panorama of India. Two-session class that explores the beauty, culture, art, geography, and intrigue of India. \$10 resident; \$20 nonresident. Register in person or by faxing registration form to 703-476-8617. Sponsored by Reston Community Center at Lake Anne, 1609 Washington, Plaza, Reston. The Web site is [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com). Call **703-476-4500**.

**June 3.** 8:00 p.m. The Very Best of Echos. Choral favorites sung by Choralis' chamber ensemble. Includes Renaissance motes, multicultural songs, and spirituals. Falls Church Presbyterian Church, 225 E. Broad St., Falls Church. Free, but tickets required. Call **703-237-2499**. Web site: [www.choralis.org](http://www.choralis.org).

**June 4.** 10:30 a.m. Hosta Garden Tour. Walk through Meadowlark Botanical Gardens with Chief Horticulturist, Doris Rodriguez. Free, but reservations recommended. 9750 Meadowlark Gardens Ct., Vienna. Web site: [www.meadowlarkgardens.org](http://www.meadowlarkgardens.org). Call **703-255-3631**.

**June 8.** 6:30 p.m. Gastroenterology and Parkinson's Disease. Presentation sponsored by the Parkinson Foundation of the Capital Area. Epiphany Byzantine Church, 3410 Woodburn Rd., Annandale. Call **703-891-0821**.

**June 12.** 2:00-4:00 p.m. Fairfax Elderhostel Alumni Association Meeting. Presentation by Randal Woodfield, lyric baritone, faculty member of the Peabody Institute's Elderhostel on Cole Porter's "Kiss Me, Kate!" Light refreshments. Free, but reservations required. Call **703-534-2274**.

**June 18.** 10:00 a.m. Water Gardening in Outdoor Containers. Learn to create and maintain water gardens. Demonstration by Horticulturist Laurie Short. 9750 Meadowlark Botanical Gardens Ct., Vienna. \$5. Reservations required. Call **703-255-3631**.

**June 21.** 1:00 p.m. Mount Vernon Genealogical Society Monthly Meeting. Presentation entitled "Preserving Your Family's Papers, Video and CDs." Hollin Hall Senior Center, 1500 Shenandoah Rd., Rm. 112, Alexandria. Call **703-360-0920**.

**June 24.** 6:30-9:00 p.m. 34th Annual Ice Cream Social. Features beverages, homemade cakes/cookies, and Ben and Jerry's ice cream. Sponsored by the Pilot Club of Arlington to benefit brain disorder programs. Lyon Park Community House, 414 N. Fillmore St. (corner of Pershing/Fillmore), Arlington. \$5. **703-532-8292** or **703-560-2676**.

**June 24.** 8:00 p.m. Choralis Concert. Features Bach's Magnificat and Mozart's Requiem, with orchestra and students from the 2005 Choralis

Summer Choral Festival. Tickets: \$30 (premium), \$25 (regular), and \$20 (senior/student). Call **703-237-2499**. Web site: [www.choralis.org](http://www.choralis.org).

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## Celebrate Fairfax!

**Dates:** June 10-12

**Times:** Fri., June 10, 6:00 p.m.-12:00 a.m.

Sat., June 11, 10:00 a.m.-12:00 a.m.

Sun., June 12, 10:00 a.m.-6:00 p.m.

**Where:** Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA

**Features:** 25 acres of culture, entertainment, science, technology, nightly fireworks, and carnival

**Cost:** \$10 adults; \$5 children, seniors, active military.

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## An Invitation ....

**What:** Lunch N' Life, An Interfaith Event

**When:** Tuesday, June 21; 11:30 a.m.-1:30 p.m.

**Where:** United Baptist Church, 7100 Columbia Pike, Annandale, VA

**Lunch:** \$5/person

**Speaker:** Mr. Achi Tsepal on the Unique Culture of Tibet

**Sponsor:** Task Force for Development of Annandale-Springfield Shepherd's Center

**RSVP:** **703-256-5900** (by June 15)